



# **Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life (Volume 1)**

*Harmony Clearwater Grace*

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## **Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life (Volume 1)** Harmony Clearwater Grace

You just got your bone density test back.

Your doctor wants you to take Actonel, Fosamax, Boniva, or Prolia.

You don't understand why those calcium chews didn't work for you.

You don't know why this is happening.

You did what your doctor told you to do.

You don't know what you did wrong.

There's a better way.

This is your answer.

In her new book – based on proven facts and over 200 clinical studies – Harmony reveals the special strategies for keeping your bones as strong and healthy as possible. Would a powerful bone-building supplement used by thousands in Japan get your attention? You can start using this radically different unconventional approach TODAY to strengthen your bones.

Worried that your bones are getting thin and brittle? Get the bone blueprint for strong flexibility. Bend, don't break!

Don't waste time and money spending months searching unreliable sources with contradicting data. Let Harmony sort through the fluff and confusion for you, put all the pieces together to figure out what really works, and hand you exactly what you need to know.

She makes it even easier by giving you the names and brands and even links to the exact products needed, so that you don't have to guess or search on your own for them.

You'll learn:

- Why all that calcium you took didn't work
- The most common mistake that most women are making when it comes to bone health – that also makes them more wrinkled
- Which bone-strengthening strategy unknown to the vast majority of doctors works better in peer-reviewed medical research
- Why taking your doctor's advice could disfigure you
- The 11 critical nutrients that can make (or break) your bones
- Why calcium and medication isn't your best answer and the 3 simple things to do instead
- How the medication doctors prescribe can make your bones MORE likely to break over time
- The 15 biggest mistakes you are probably making right now that are damaging your bones
- How what you are doing to try to keep healthy strong bones could actually be causing other diseases in your body
- Why your doctor probably doesn't know about this research

- Secrets of the best cutting-edge medical researchers that you need to know to prevent bone loss and fractures
- Why taking extra calcium without THIS can give you heart disease
- How to reduce your fracture risk by at least 60% with a statistical 95% confidence level, cited in a meta-analysis of randomized controlled trial (RCT) clinical studies

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**John Davis:**

Book is to be different for every grade. Book for children until finally adult are different content. We all know that that book is very important for people. The book Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life (Volume 1) had been making you to know about other expertise and of course you can take more information. It is quite advantages for you. The publication Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life (Volume 1) is not only giving you much more new information but also to become your friend when you sense bored. You can spend your personal spend time to read your book. Try to make relationship while using book Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life (Volume 1). You never feel lose out for everything should you read some books.

**David Creason:**

Reading a book tends to be new life style in this era globalization. With reading through you can get a lot of information that can give you benefit in your life. Using book everyone in this world may share their idea. Publications can also inspire a lot of people. Plenty of author can inspire their reader with their story or their experience. Not only situation that share in the books. But also they write about the information about something that you need instance. How to get the good score toefl, or how to teach your children, there are many kinds of book which exist now. The authors nowadays always try to improve their expertise in writing, they also doing some study before they write with their book. One of them is this Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life (Volume 1).

**James Melendez:**

Are you kind of occupied person, only have 10 or perhaps 15 minute in your morning to upgrading your mind proficiency or thinking skill even analytical thinking? Then you are experiencing problem with the book than can satisfy your short time to read it because all of this time you only find book that need more time to be learn. Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life (Volume 1) can be your answer as it can be read by a person who have those short time problems.

**Alexandra Stafford:**

As a scholar exactly feel bored in order to reading. If their teacher questioned them to go to the library as well as to make summary for some guide, they are complained. Just small students that has reading's internal

or real their passion. They just do what the professor want, like asked to the library. They go to presently there but nothing reading seriously. Any students feel that reading through is not important, boring and can't see colorful photos on there. Yeah, it is to get complicated. Book is very important for yourself. As we know that on this age, many ways to get whatever we would like. Likewise word says, ways to reach Chinese's country. Therefore this Lies My Doctor Told Me: Osteoporosis: How the Latest Medical Research on Bone Drugs and Calcium Could Save Your Bones, Your Heart, and Your Life (Volume 1) can make you experience more interested to read.

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